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## **GIVING BACK IN MORELOS, MEXICO**

*by Carol de la Herran*



Preparing herbal baths

Psychologist Carmen Ramirez attended a lecture during a positive psychology convention in Philadelphia. Afterward she sought out the speaker - Carol de la Herran - TMI's executive director and president. Carmen felt strongly that the tools and techniques of The Monroe Institute would be a tremendous aid in her work with marginalized and battered women.

Carol recalls, "We had room in a Gateway Voyage scheduled a few days later. I invited Carmen to come. She postponed her trip home to Mexico and attended the Voyage."

That scholarship has already given back in a big way. Following her Gateway Voyage Carmen completed the FTP and became an Outreach Trainer. To date she has presented two Excursion Workshops in Mexico. She and her mother are helping create jobs for women with the development of natural plant essences and herbal products.

Carmen says:

I am working to create a program for girls and young women from marginal communities from the province of Morelos, to empower them, and give them resilience, optimism and the understanding of their true potential. It greatly concerns me that the number of girls in school at a global level is generally below that of males and is accentuated in developing countries. Causative factors are several. Nevertheless, I feel that one main cause of women not using their potentials in countries like mine is the belief system of that culture about the role of women in society. Frequently refused their rights and relegated to the

private sector of human life, few women, girls, or elders have been able to blossom and claim their power to decide their own destiny.

It is sad and disturbing to note the number of domestic violence cases (43%) and work-related violence (40%) against women. Since I myself am one of these statistics I feel committed to do something for those sisters who, like I, felt their existence lacked value and made no sense; who think that nothing better exists, that there is no better reality that they can experience, and believe that life (school, work, partner, etc.) must be violent, because they have grown up this way and don't know anything else.

In the program, I would like to include some aspects of positive psychology and resilience, touch on the perspective of the equality of the sexes, and explore the Pre-Columbian vision of femininity that was held in America - the gifts of the goddesses (forgotten due to the patriarchal vision after evangelization).

The wonders offered by hemispheric synchronization through Hemi-Sync® could accelerate the manner in which "insights" come to participants and somehow help them counteract the fear of not being accepted in their environment. I think Hemi-Sync can help these girls and young women to improve their academic work in general, to be able to reach the intellectual goals that they propose and, in the future, have a better probability of becoming economically and emotionally independent.

In this sense, the work of my mother, Cony Mercado, and some of the healers of neighboring communities has the goal of giving women in the community the knowledge, abilities, and tools of traditional Mexican medicine (herbal, temazcal, shamanism, astrology, etc.) to not only improve their probabilities of obtaining a better income for themselves and their families (usually the wives of farmers, artisans, small businessmen, or working as cooks or cleaning ladies), but to make them more committed to their own physical, mental, and spiritual development and that of the people around them: patients, family and friends.

For the winter vacation period, I am planning a meeting with the students of traditional medicine and we will hike into the mountains.

I wish to apply for a Master's degree in Positive Psychology at the University of Pennsylvania. If accepted I would like to do my Capstone Project using Hemi-Sync. I hope I will be accepted and can get the three scholarships needed: I'll work hard with the manifestation exercises that I learned at TMI!



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